


field. The satisfaction of being part of a larger team in a diverse environment is very satisfying. I also facilitate three refugee mens groups and play ukulele with the primary school children at each intake.

Interested in massaging refugees? There is currently a vacancy for a part time male body therapist at the RASNZ mobile team based in Onehunga. The NZ quota for refugees is increasing to 1500 per annum from July 2020 and thus there is a need for more massage therapists. This may suit a recent graduate wanting mentoring or an experienced practitioner wanting to reinvigorate their practice or overcome the isolation of sole practice.

Contact Barry Vautier for further information, questions and comments, at barry.vautier@gmail.com or 021 706 488.



AUTHOR BIO

Barry is a body therapist at the Refugee Resettlement Centre, Mangere, and at the mobile team in Onehunga, Auckland. He is also in private practice as Ripple Ora Massage, Mt Eden, Auckland.

Previously, Barry was the principal and Instructor for Fascial Kinetics (Bowen therapy), he has taught body therapies and health science over the last 25 years and has presented at conferences and seminars. His passion is the fascia of the body and the mystery it may hold.

"The greater the doubt, the greater the awakening. No doubt - no awakening."

- CC Chang, *The practice of Zen.*

CHILDREN PROSPER THROUGH LOVE AND EMPATHY



Poland - Warsaw Integrational Kindergarten

By Eva Scherer, Founder and CEO of Child Connection Trust, Affiliate Member MNZ

Harlow (1958) published research showing that, as mammals, we need nurturing touch and comfort more than food for survival. Mammals, including humans, nurture their young through touch stimulation. The questions were raised: Are we doing enough to nurture our children through touch in their early years? Are we respecting the origin of human love when raising our children (Prescott, 1996)?

ATTACHMENT THEORY

Bowlby's attachment theory (Bretherton, 1992) discusses that the precious "together time" of listening to a child and giving loving attention, is when attachment and bonding are created between the primary caregivers and the child. It could be that lack of attachment may lead to teenage

pregnancy, suicide, alcohol or drug addictions (Holmes, 2014).

Teachers often notice the children receiving quality loving attention at home. This may be visible through observing the child's behavior. Children may be less aggressive, happier and more involved in their learning.

Many parents and caregivers are familiar with baby/child massage, but the Child Connection technique via the peer massage programme is different, in that it is designed especially for school and kindergarten students, aged 4 to 7 years. Peer massage (children massaging children) provides nurturing touch in a safe supervised environment of the classroom.

DOES MASSAGE MAKE A DIFFERENCE?

Safe, proper touch may help students to improve low self-esteem, improve their



Opunake – Community Kindergarten



Poland – Raszyn Kindergarten

emotional trust in relationships with others, promote a positive body image and help children develop a deep personal connection to their bodies and themselves, build compassion and may help prevent bullying in the classroom (Von Knorring et al, 2008).

Morgan (2006) examined the Children Massaging Children (CMC) programme in New Zealand (NZ), where over a 15-week period, 140 students at a decile 1 school in Hastings practised the Children Massaging Children programme. The research showed that the programme improved the children's ability to engage with their school work, improved relationship with peers and interestingly the children's relationship with fathers at home also improved.

The CMC programme was developed 20 years ago. The program is used extensively throughout Poland. You can find out more information here:

<http://childconnection.org.nz/cmc-users/>

It is our mission to strengthen compassion. For this to happen we want to encourage the whole of society to recognise and respect the Universal Law of Attachment and practise it in different forms. This could begin, not only at home, but also in the NZ education system. Massage Therapists could build the bridge for this to happen, by introducing the Children Massaging Children programme in their local area schools.



AUTHOR BIO

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www.childconnection.org.nz and creator of programmes:

- Tiny Explorer/ Toddlers
- CMC/Primary Schools,
- Positive Touch for Adolescents
- Herb Fairies Academy
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